

# Media Release

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Tuesday 30 April 2019

## Find Zen at upcoming Café Connect activities

Residents aged 55 years and over are invited to indulge in a little Zen, with upcoming Café Connect activities designed to relax and exercise the mind and body.

Residents can look forward to:

- **Tai Chi Class** on Wednesday 15 May, 10.30am at Oran Park Library, 72 Central Avenue, Oran Park;
- **Healthy Eating Workshop** on Thursday 18 July, 10am, at Narellan Park Library, corner Queen and Elyard Streets, Narellan; and
- **Meditation Class** on Tuesday 20 August, 10.30am, at Camden Civic Centre, Oxley Street, Camden.

Mayor of Camden, Cr Theresa Fedeli, said Café Connect was a one-stop-shop for older residents.

“Café Connect, which will begin at 11am on each of these days, provides information about health, services and social connections. There is a variety of formats available, including one on one conversations with service providers, large print, technology and easy read resource materials,” Cr Fedeli said.

“Residents can choose to participate in the activities and then attend the café. Or, they may choose to just come along to the café, meet new people and have a chat with services about what information you need to know – the experience is completely up to the individual.

“It’s important all residents feel involved, active and part of our communities.

“We want the 15,000 residents aged 55 years old and above to have the opportunity to try something new, or perhaps improve on something they enjoy. We want to ensure they’re able to connect with the broader community and learn about what services and support are available to them.”

For more information, visit [camden.nsw.gov.au](http://camden.nsw.gov.au) and search ‘Café Connect’ or call Council on 4645 5009.

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**Media Contact:**  
Christina Fracassi  
Media Advisor  
Camden Council  
PO Box 183, CAMDEN NSW 2570  
Phone: 4645 7823 Mobile: 0438 062 628  
Email: [Christina.Fracassi@camden.nsw.gov.au](mailto:Christina.Fracassi@camden.nsw.gov.au)